comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and -^{33}SH in its chemical structure, wherein ^{17}O, ^{14}N or ^{33}S exerts a relaxation effect on the H proton bonded thereto and the relaxation effect spreads through the exchange of a proton in a vital component of a target organ or tissue of a living body with said H proton, bonded to ^{17}O ^{14}N or ^{33}S, thereby enabling detection by nuclear magnetic resonance.

16. (New) The drug composition according to claim 15, wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical structure is sugar, amino acid, or additive or solvent of the drug composition.

17. (New) The drug composition according to claim 16, wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical structure is sugar and wherein the sugar is glucose.

18. (New) The drug composition according to claim 16, wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical structure is a solvent of the drug composition and wherein the solvent is an aqueous solvent.

19. (New) The drug composition according to claim 18, wherein the aqueous solvent is water.

20. (New) The drug composition according to claim 15, wherein the composition contains a material for a drug delivery system.

21. (New) The drug composition according to claim 20, wherein the material for a drug delivery system is a liposome.

22. (New) A nuclear magnetic resonance method, comprising administering a drug composition containing a compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical structure, and detecting a biodistribution of the compound with a H proton as a detection nucleus.

23. (New) The nuclear magnetic resonance method according to claim 22, wherein the drug composition is selected from the group consisting of therapeutic agents, nutritional tonic agents, infusions and diagnostic agents.

24. (New) The nuclear magnetic resonance method according to claim 22, wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and -^{33}SH in its chemical structure is sugar, amino acid, or additive or solvent of the drug composition.

25. (New) The nuclear magnetic resonance method according to claim 24, wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical structure is sugar and wherein the sugar is glucose.

26. (New) The nuclear magnetic resonance method according to claim 24, wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical structure is a solvent of the drug composition and wherein the solvent is an aqueous solvent.

27. (New) The nuclear magnetic resonance method according to claim 26, wherein the aqueous solvent is water.

28. (New) The nuclear magnetic resonance method according to claim 22, wherein the drug composition contains a material for a drug delivery system.

29. (New) The nuclear magnetic resonance method according to claim 28, wherein the material for a drug delivery system is a liposome.

30. (New) A method for confirming a biodistribution of a drug composition, comprising administering the drug composition wherein the compound which comprises at least one member selected from the group consisting of -^{17}OH, -^{14}NH and ^{33}SH in its chemical

structure in advance of a full-scale administration of the drug composition, and detecting the biodistribution of the compound with a H proton as a detection nucleus.

31. (New) The method for confirming a biodistribution of a drug composition according to claim 30, wherein the drug composition is selected from the group consisting of therapeutic drugs and diagnostic drugs.

32. (New) The method for confirming a biodistribution of a drug composition according to claim 30, wherein the compound which comprises at least one member selected from the group consisting of $-^{17}OH$, $-^{14}NH$ and $-^{33}SH$ in its chemical structure is an active ingredient of the drug composition.

33. (New) The method for confirming a biodistribution of a drug composition according to claim 32, wherein the active ingredient of the drug composition is sugar or amino acid.

34. (New) The method for confirming a biodistribution of a drug composition according to claim 33, wherein the active ingredient is sugar and wherein the sugar is glucose.